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photo by Master Sgt. Maurice Hessel

Senior Master Sgt. James Baarda, Squadron 23 Advisory Support Team loadmaster instructor assigned to the 777th Expeditionary Airlift Squadron at Ali Base, Iraq, teaches a Squadron 23 Iraqi Air Force student how to operate a bulldog winch. The winch is used to load rolling stock cargo and equipment. Sergeant Baarda is deployed from Yokota Air Base and is one of more than 30 instructors teaching more than 100 Iraqi Air Force students how to fly and maintain C-130 aircraft.

Outside the ‘comfort zone’

Deployed AF instructors teach Iraqis about C-130s, receive life lessons in humility and sacrifice

By Tech. Sgt. Melissa Phillips
407th Air Expeditionary Group

(Editors note – Iraqi Air Force members names have been edited to protect their identities.)

When a crew of instructors deployed to Ali Base, Iraq to teach Iraqi Air Force Airmen the finer points of flying and maintaining C-130s, they knew they had a monumental task to accomplish. But what they found was something unexpected.

Slowly over several months, both the Iraqi Air Force and U.S. Airmen made lifelong friendships with the very men they previously called enemies.

"Our instructors are more than just a friend," said Capt. S, Squadron 23 (transport) maintenance officer. "We are like brothers."

"I made friendships with Iraqi Air Force officer counterparts that I know will last a lifetime," said Maj. Robert Jackson, 777th Expeditionary Aircraft Maintenance Squadron maintenance operations officer, deployed from Yokota Air Base, Japan. "We lived together and worked together – we got to know and respect each other on a personal level."

Squadron 23 is the first medium airlift post-war Iraqi Air Force flying squadron and is now more than 100 Iraqi Air Force Airmen strong. More than 30 Sq 23 Advisory Support Team instructors assigned to the 777th Expeditionary Airlift Squadron and 777th EAMXS instruct Iraqi Airmen in aircrew specialties (pilot, navigator, flight engineer and loadmaster), and logistics specialties (crew chiefs, communications and navigation, guidance and control, hydraulics, engines,

electrics and environmental, electronic counter measures, nondestructive inspection, supply and aerial port functions.)

The AST also maintains a few specialized jobs such as maintenance operations center controller, sortie support section, production supervisor, maintenance officer and superintendent.

For Master Sgt. Patrick Shaw, Sq 23 AST aerial port instructor deployed from McChord Air Force Base, Wash., coming here has been a whole new world for him. He teaches students who previously subscribed to a different philosophy on how to get the aerial port mission done.

"(Prior to learning U.S. Air Force aerial port processes,) they (Iraqi Air Force students) would go straight from the aircraft to the battlefield," Sergeant Shaw said.

Under the old regime, the Iraqi Air Force Airmen didn't have the same level of accountability over cargo and personnel. So it's been an interesting process of getting them to understand why the paperwork is so important and will help reduce duplication of effort in the long run, said Sergeant Shaw, who, along with the other instructors, are on six month tours here.

Most of the Iraqi Air Force Airmen have been doing the same job on other transport aircraft in the Iraqi Air Force for years, some for longer than a few of the U.S. Airmen have been alive.

Although the Iraqi Air Force has a solid base in transport flight processes, it still hasn't been an easy process to access their past experience.

Master Sgt. Tommy Lee, Sq 23 AST flight engineer instructor, and his other teammates have had to find new ways to bridge the language gap.

"One time I had to explain in six different ways why the instrument panel wasn't lit up," said Sergeant Lee, who is deployed from Little Rock AFB, Ark. "One of the students had skipped a step on the checklist, and it took me thirty min-

see C-130 page 9

FSC needs assistance for future NEO exercises

By Carolyn Smith
Family Support Center

The Family Support Center is looking for volunteers to assist with upcoming Noncombatant Evacuation Operation exercises scheduled for July and September. During these exercises, the Noncombatant Reception Control Center will be set up to test Yokota's ability to act as an Intermediate Staging Base. ISBs receive and process noncombatants who are being evacuated from other locations in the Pacific due to a natural disaster or threat of impending danger.

"In order for us to increase realism and really test the process currently in place, we are asking for assistance during the next two exercises," said Julie Mason, FSC assistant director. "On July 25, we are look-

ing for civilians who would be willing to volunteer to act as evacuees during these exercises," said Ms. Mason. "In addition, we ask that volunteers consider also bringing their children, luggage, and pets – if feasible – through the process to help add elements of realism to the scenarios."

Groups of evacuees processing through the NRCC are called "chalks"; the FSC hopes to process 5-6 chalks consisting of 30-60 members per chalk during each exercise.

The scenarios played out during each exercise are purely hypothetical. Volunteers will, in essence, be actors – playing as if they have just been evacuated from another country or location and are passing through Yokota on the way to their safe haven or final destination. Buses will pick up volunteer groups at specific (pre-determined) times from a pre-determined location

and transport them to the NRCC.

Members from each group can volunteer to act out scenarios that will test the process and ensure the line members understand their roles and responsibilities. Scenarios have been created to simulate potential real-life situations such as lost medication, sick children, misplaced pets or luggage, distraught members and more.

After the group has completed the reception process, a bus will return them to the pickup point where they will be released to go home. The total process is anticipated to take no longer than three hours per chalk.

Those interested in participating should contact the FSC at 225-8725. The FSC will provide times and additional information concerning the process. Volunteer participation will help strengthen Yokota's NEO (reception) process.

ORI countdown: 239 days

Fun in the Sun

Information provided by the Health and Wellness Center

It's June, the temperature has finally crept above 85 degrees and summer is finally here. Summer camp, yard work, the beach, sports events are all activities that go along with the season. It is time to break out the sunscreen, umbrella, hat, and sunglasses for the summer.

Unfortunately, many people still start their summer with one or two "good" sunburns to get a base to help them tan the rest of the summer. What many people don't realize is that damage from the sun is cumulative over one's lifetime and three severe burns (painful burns that peel or cause water blisters) anytime in throughout life increases their risk of developing melanoma by as much as eight times. Sun exposure also accounts for up to 90 percent of what we consider aging of the skin and increases the risk of skin and eye damage such as cataracts.

Malignant melanoma, a type of skin cancer, is the nation's fastest growing cancer among people with light skin color. In the last decade the incidence rate has doubled. Although the risk is higher for those with very fair skin, light brown, blonde or red hair, and blue, hazel, or green eyes, others are at risk also. It is estimated 9,200 Americans will die from skin cancer yearly.

However, people can minimize their risk by wearing a hat and protective clothing, using sunscreen, and limiting time in the sun between 10 a.m. and 4 p.m.

This is a message from the Yokota Health and Wellness Center to help teach good sun safety habits to our community. The Health and Wellness Center will host a Sun Safety event at the West Side Pool July 18 with the Yokota Youth Center. Everyone is welcome to attend and learn sun safety tips. Safe tanning.

Death benefits, insurance increase

By Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON (AFPN) – Compensation for the survivors of servicemembers who die in combat zones and insurance coverage for servicemembers will both increase significantly this year.

An increase in death gratuity benefits from \$12,500 to \$100,000 already has taken effect, and Servicemembers' Group Life Insurance maximum coverage will increase to \$400,000 starting Sept. 1, said Col. Virginia Penrod, director of military compensation.

The increase in death benefits took effect May 11 and is dated retroactively to Oct. 7, 2001, Colonel Penrod said. This means that survivors of servicemembers who died between Oct. 7, 2001, and May 11, 2005, will receive

the increased benefits, as will survivors of servicemembers who die from May 11 on, she said.

The increased benefits are for survivors of servicemembers who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations include airborne duty, combat training, demolition duty and training exercises.

A policy designating combat areas and situations was given to the individual services in June, and each service is now reviewing cases. Payments already have begun, but the process of identifying and paying eligible survivors could take several months, the colonel said.

When the increase in SGLI coverage takes effect Sept. 1, it also will be dated retroactively to Oct. 7, 2001. Survivors of servicemembers who died in

a combat zone, combat operations or combat-related situations between the October date and Sept. 1 will receive \$150,000 in transitional insurance, which will bring them to \$400,000.

Besides the increased coverage, DOD will pay premiums of \$150,000 for servicemembers involved in combat operations or deployed to a combat zone.

The increase of these two benefits came about as a result of a 2004 study evaluating the adequacy of death benefits for servicemembers. The study found that benefits were adequate, but did not recognize the unique sacrifice made by servicemembers who die in combat situations, Colonel Penrod said.

"There was concern that we weren't recognizing direct sacrifice of life in service to our nation," she said. "That's how the increase was made for those particular situations."

AAFES to remove selected products containing pseudoephedrine from shelves starting July 31

DALLAS – The Army & Air Force Exchange Service (AAFES) will remove products containing the solid form of pseudoephedrine from all store shelves effective July 31. These items include Advil Flu & Sinus, Aleve Cold & Sinus, Claritin D and Tylenol Allergy Sinus. The affected items will be replaced with products containing phenylephrine, an acceptable substitute,

as a relief for sinus congestion.

Tim Calkins, AAFES buyer for cold and cough products, explained that AAFES has already identified the replacement products, and will start shipping them to AAFES stores in July before the start of the cold and cough season.

To date, 16 states have passed legislation restricting the availability of

cough and cold medicines containing the drug pseudoephedrine in solid form. AAFES has decided that removal of these products from all of its stores is in the best interest of all military communities.

AAFES is committed to maintaining safe communities by supporting all local, state and national initiatives to combat the manufacture of illicit drugs.

DOD changes emergency data form to prevent heartaches

WASHINGTON – Two sad cases recently highlighted the need for servicemembers to designate who should receive their remains if they are killed in action.

DOD has changed the Record of Emergency Data Form – DD Form 93 – to require servicemembers to designate who should be declared the "person authorized to direct disposition" of remains.

The change grew out of the cases of a Soldier and a Marine killed in Iraq earlier this year. In both cases, the men – both unmarried – had not designated a person authorized to direct disposition, and their parents were divorced.

With no one specified as to whom should receive their remains, the services followed long-standing rules. In these cases, the older parent received the remains. In

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the Soldier's case, burial was delayed for weeks until a court ruled on the situation. The Marine's case is still pending.

Force Shaping Phase II evolves for fiscal 2006

WASHINGTON – The Air Force achieved its congressionally mandated active-duty end strength of 359,700 Airmen for fiscal 2005.

Force Shaping Phase II successfully reduced the overall size of the force; however, the Air Force still has more officers than authorized and Phase II will continue into the next fiscal year.

"We will now limit voluntary separation opportunities for active-duty enlisted Airmen, while maintaining voluntary programs for officers," said Brig. Gen. Glenn F. Spears, force management policy director on the director of per-

sonnel staff at the Pentagon.

More information is available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/retsep/shape2.htm.

PACAF family wins two Air Force awards

HICKAM AIR FORCE BASE, Hawaii – A Pacific Air Forces husband and wife team have each earned Air Force-wide recognition. Senior Master Sgt. Robert Altenbernd, from Andersen Air Force Base, Guam, is the new Air Force First Sergeant of the Year, and his wife, Master Sgt. Nancy Altenbernd, received the Air Force Outstanding Security Forces Support Staff Level NCO award.

"The level of success they have individually achieved is a great example of family members unselfishly supporting one another. They are clearly an Air Force family dedicated to the Air Force mission," said Gen. Paul V. Hester, PACAF commander.

AD

Air Force changes fitness test criteria

Fitness AFI changes scheduled to be made late August or early September

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's

elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently,

retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

"There are two other changes important to understand. All members will be measured for abdominal circumference, but also will have their height and weight measured at their commander's support staff office," said Lt. Col. William Thomas, 374th Aerospace Medicine Squadron commander.

"Retesting in 90 days also becomes a requirement for all marginal and poor scores. This 90-day period starts from the test date – not the date of completion – of any required classes at the Health and Wellness Center."

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard – an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.

For more information about the upcoming fitness test changes, contact the Health and Wellness Center at 225-8322.



photo by Airman 1st Class Katie Thomas

Individuals take part in an evening fitness run at the base gym. Servicemembers will see changes to the fitness test outlined in Air Force Instruction 10-248 in late August or early September.

AD

Club membership really matters

By Capt. Michael Rakoczy
374 Services Division

I got my club card on my second day of active duty right after I met my first commander. I barely recall that first meeting, but I distinctly remember him saying "got your club card yet? No? Well, you might want to go get one."

I walked out and passed our first sergeant, who had heard everything. "So LT, do you know what just happened?" he asked. I said I think I'd just been ordered to go to the club and sign up. As in right now. He smiled and said "you might just go far in this Air Force."

That was more than ten years ago and even then it was no longer the norm. If you sit in the lounge and talk with the "old timers" they'll tell you grand stories about the way the clubs used to be, how they were the social center of the base and how if something needed to get

done, it got done over a cold drink after work.

However, they don't rhapsodize about the forced memberships and the clear-cut lack of opportunity if you weren't a member that came with it, and for good reason. It has been a long time since an Enlisted Performance Report or Officer Performance Report went to the wing with "club member!" as a stratification bullet. We choose, or choose not to be, a club member all on our own.

Simply put, Air Force clubs require our membership to exist. They've been that way since Congress changed how they're funded back in the late 80's. They don't for the most part get any congressional money. No, they will live or die by our support and as long as we believe they are worth keeping, they'll be around.

I'd argue not supporting the clubs degrades our mission and sets the standards for our subordinates

to follow. It hit me that I've never been to an Air Force awards ceremony that didn't take place in either the Enlisted or Officers' Club.

Whether it's to recognize our new promotees, congratulate our Airman Leadership School graduates or to praise our newest group or wing-level award winners, it's always in the club. I can't even imagine taking our traditions downtown.

What does it say to hold our ALS graduations in a nearby hotel conference room? What message would we be sending to our young-

est troops, the ones we're trying to convince that our way of life is worth living, that this is the career choice they want to make?

I believe the clubs have always supported our Air Force community and the mission and that is worth far more to me than cheaper meal prices ..."

Capt. Michael Rakoczy
374th Services Division

but I've paid my dues ever since without a complaint. Over a cold one a while ago (in an Officers' Club, I might add) a non-member told me they'll never let the clubs close – they're tradition! For our mission's sake, I hope he was right.



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Protecting valuable network resources

By Master Sgt. Ken Christenberry
374th Communications Squadron

The Yokota Base Area Network is under attack. A technician monitoring the Storage Area Network notices available disk space shrinking at an alarming rate. In less than a day a steady stream of data has been filling up the network's servers. At the rate it is flooding the system; the entire data store will be full and will crash in less than four hours. Rapid decisions and immediate calls are made, commanders are notified, an emergency response team leaps into action to track down the source and figure out how to save the network systems from disaster.

Sound like an exercise input? It's not – within the last few of months, this very event happened at the Yokota Network Control Center. And the most shocking detail is that our network was attacked from within. A staff sergeant was caught in the act of placing illegally copied DVD formatted movies onto the SAN.

The event was detected when NCC technicians monitoring server usage detected sharp decreases in available disk space within a few hours time frame. The computer specialists pinpointed the user and literally watched them add files across the network and calculated the entire SAN available disk space would have been exhausted within four hours. The technicians took steps to alert the 374th Communications Squadron commander, Lt. Col. Richard Lipsey, who assisted in notifying the offender's commander and authorized suspending the violator's domain license.

mander and authorized suspending the violator's domain license.

The Network Control Center has instituted periodic sweeps of the materials stored on the base network resources. As part of the mandate to properly manage and maintain base data storage resources and ensure compliance with Air Force and Pacific Air Forces instructions, technicians are performing sweeps to detect, remove and, if necessary, notify unit commanders of misuse or abuse of Air Force Network Systems.

Many network users either are not aware of, or disregard, the fact that certain files – including video and music files (.avi, .mpeg, .mp3, .wav, etc.), personal mail storage files (.pst), and non-official graphics (.jpg, .bmp, etc.) – are not permitted for storage on the base SAN resources.

However, abuse of network systems, intentional or not, has recently come very close to bringing down the entire wing's data storage capabilities. Servers in the NCC have exceeded 97 percent capacity within the last month.

"Our commitment is to provide Yokota Network users with reliable communications systems," said Capt. Brian Oldenburg, Information Systems Flight commander. "These 'sweeps' ensure we are able to provide highly reliable access to our data systems."

This was just one of several instances of abuse of government resources and violations of various laws found in the past month. In addition to the unofficial materials found, illegal materials – such as copyrighted materials (like

pirated software and movies) and pornographic materials (which are also illegal to possess in Japan) – have been detected on network resources.

In response to the trend of network abuse, Colonel Lipsey has directed that periodic scans of the network be performed and, upon detection of unauthorized materials, to quarantine the files to prevent the offending user from accessing or altering them and that proof of the ownership of the files be gathered. At that point Colonel Lipsey will notify the offender's commander of the violation and allow a visit by either the commander or a designated representative to the NCC to examine the materials and any evidence collected.

The offender's account will be suspended upon notification of their commander and will only be reinstated after Network User Licensing requirements are reaccomplished and the user's commander notifies Colonel Lipsey that all pending actions against the offender have been completed.

The NCC has also implemented measures to prevent unauthorized files from being stored on the network by installing software to filter files that are being saved and detecting certain "illegal" file types and preventing them from being placed on the SAN. Any of these files currently residing on the SAN will remain, but can no longer be modified until removed. This will prevent a user from accessing items such as a mail storage file (known as a .pst file) that has been placed on the Yokota servers.

Action Line

E-mail: Action.lines@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.



Col. Scott Goodwin
374th Airlift Wing commander

DUI Prevention

July 5 – July 11	1
Total DUIs in July	1
Total in 2005	6

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Fuji Flyer

PCS Edition

Base agencies help with PCS

Information compiled by
374th Airlift Wing Public Affairs

Numerous servicemembers are transitioning in – and out – of Yokota this summer.

Community members can look forward to welcoming, and being, new faces on base, however the planning and coordination to make this flow of people possible is accomplished through many base organizations.

Members with pending permanent-change-of-station moves must contact and work with the organizations to ensure their move goes as smoothly as possible.

The base organizations include: the Traffic Management Office, the 374th Civil Engineer Squadron Housing Flight, the 374th Security Forces Pass and ID section, the base veterinary clinic, the base legal office, the 374th Comptroller Squadron,

and the 374th Medical Group Tricare Customer Service Section.

Servicemembers should obtain PCS checklists from their unit orderly room upon receiving their PCS orders.

The checklists include a comprehensive listing of base organizations and tasks that the PCSing member must accomplish before leaving.

The base Military Personnel Flight will also provide a PCS

counselor to each servicemember to assist them with specific checklist tasks.

The base Family Support Center also provides classes

such as Smooth Move, that covers many aspects involved in a duty station move.

For more information about the various classes offered by

the FSC, call 225-8725.

For more detailed information about PCSing, see pages 5-8 of this special edition of the *Fuji Flyer*.



courtesy photo

Movers from a contracted Japanese company help package a base family's belongings for shipping to another base. TMO can provide information to PCSing members by scheduling briefings on proper shipment of household goods.

Housing Flight offers tips for smooth move

Information compiled by
374th Airlift Wing Public Affairs and
374th Civil Engineer Squadron Housing Flight

Housing is a primary concern for service-members and their families whenever a permanent change of station approaches.

However, the base housing flight of the 374th Civil Engineer Squadron can assist with the transition through tips and service.

Servicemembers should visit the housing office as soon as they receive their PCS orders. The flight's staff can provide counseling for members both inbound to, or outbound from Yokota.

Community members can fill out a housing application, DD 1746, at their current base 30 days before arrival at their new base. Members planning on requesting either on- or off-base housing are highly encouraged to fill out the form as soon as possible.

Temporary Lodging Allowance is provided if no immediate housing is available when a servicemember and their family arrive at a new base.

For accompanied servicemembers, TLA will automatically start. Families will move into base or off-base housing 10 to 60 days after arriving at their new duty station.

Unaccompanied servicemembers will generally receive housing upon arrival at their duty station. However, they need to set up TLA immediately

in case there is a time gap between arrival and receiving housing.

Due to a higher weight restriction coming into Japan, the base Furniture Management Office provides furniture until household goods arrive, or for an entire tour.

Outgoing members who reside on base should see the housing flight 30 to 45 days before departure for a pre- and final housing inspection. During the inspections, maintenance issues are addressed, fur-

niture is earmarked for return and cleaning standards are reviewed.

Off-base servicemembers must schedule an appointment with FMO for pick-up of any borrowed furniture also.

The housing flight stresses that servicemembers should notify them as soon as they receive PCS orders due to the increase of station changes during the summer months.

For more information, contact the 374 CES Housing Flight at 225-8636.

New program aims to improve moving process

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON – Full replacement value for lost or damaged items is among several changes taking effect in October as part of a new program called "Families First" which aims to improve the moving process for military families.

"We're going to have a lot of happier campers because they are not going to be losing any money out of their pockets like they did before," said Cullen Hutchinson of the passenger and personal property office at the Military Surface Deployment and Distribution Command in Alexandria, Va.

Under the current claims process, servicemembers only receive a depreciated value for property that is lost or damaged, he said.

For example, a \$200 television that is lost or damaged might only be valued at \$100 after depreciation, he said.

With Families First, he said, "the carrier will either replace the television with a similar one or reimburse the servicemember the full cost of a new one."

Another benefit of the program is that

servicemembers will now deal directly with the carrier to arrange direct delivery of household goods, thus alleviating the need for temporary storage, he said.

"What makes this even better for the servicemembers is that whenever you have temporary storage (and) more handling of your household goods, the more susceptible it is for loss or damage," Mr. Hutchinson said.

He said direct delivery will also save the services money now spent for temporary storage.

In Families First, servicemembers will file settlement claims directly with the carrier, using a Web-based claim-filing process.

"There will not be a middle man; the servicemember will be able to address the carrier directly on the issue (he or she has)," he said.

"And the carrier will have an incentive to take care of that servicemember in a positive way."

Mr. Hutchinson said servicemembers will be encouraged to complete a Web-based customer satisfaction survey that measures the performance of carriers, and that survey will become part of that carrier's record.

"If the carrier's performance is poor, then the amount of business he's going to get from the government is going to fall off or stop completely," he said. "So there is an incentive there. It's no longer a competition on cost, but it's a competition now with cost and performance."

The survey gives servicemembers a chance to influence decisions on whether a carrier continues to do business with the Defense Department, Mr. Hutchinson said.

"And that decision is going to be based on the performance of that carrier," he said.

"(The result will be) more quality carriers, which will translate into quality service for our servicemembers," Mr. Hutchinson said. "And higher-quality carriers will ultimately mean higher-quality moves."

He said efforts like Families First should help improve the quality of service in the military moving industry that carries household goods of more than 500,000 servicemembers and their families each year.

He said problems in the moving industry have plagued the services for years, and that efforts to improve the

moving process have been ongoing since 1994, starting with re-engineering of the household goods process.

"The perceptions were that DOD was experiencing a very high loss and damage rate," Mr. Hutchinson said. "When we looked at the numbers, it was significantly higher than some of the corporate accounts."

In addition, he said, claim rates also were higher for military moves. While average military claims ranged around \$500, he said many corporate claims were in the range of \$100.

In the end, he said, DOD officials expect to see a "considerable decrease in loss and damage claims."

"The reason for that is that the carrier is assuming a higher liability for claims," he said. "So it's in their best interest to protect the goods better so they are not subject to this loss."

Mr. Hutchinson said the program also should ease some of the stress involved with moving.

"What we're trying to do is reduce that stress for our servicemembers so they can concentrate on more important things and not worry about (their things)," he said.

Finance office provides tips for making moving in easier

Information provided by
374th Comptroller Squadron

Whether single or accompanied, servicemembers who are making a permanent-change-of-station move should be aware of their expenses.

The following financial PCS tips will help community members make a smooth, worry-free transition to their gaining base.

For more information, contact the 374th Comptroller Squadron at 225-7825 or 225-7826.

Servicemembers should also contact their gaining base's

comptroller squadron prior to arrival with any financial concerns.

⇒ Drop off three copies of PCS orders 30 days prior to the PCS.

⇒ Have port call date available when processing through finance. This determines when finance has to stop overseas entitlements.

⇒ Advance Dislocation Allowance can only be paid 10 days prior to port-call date.

⇒ Make sure to turn in Temporary Lodging Allowance claim to the housing office and keep copies for your records.

Keep a copy of AF594 Government Quarters Clearance Forms for records.

⇒ Keep a copy of DD2367 Termination of Overseas Housing Allowance Entitlement Form for records.

⇒ Keep lodging receipts for overnight stays at ports of embarkation or debarkation for reimbursement, if applicable.

⇒ Keep copies of airline ticket itineraries or receipts for turn-in at gaining Finance permanent duty station.

⇒ Keep copy of AF Form 1357 Temporary Lodging Allowance Form.

Moving Day



courtesy photo

A common sight around Yokota are moving trucks for new members PCSing in to the Yokota area. Contact TMO about delivery of household goods after acquiring housing through the Housing office. For information about reimbursable expenses during a PCS move, contact the Finance Office.

AD

In the middle of PCS season Tricare takes strain off during moves

By Frank McEvoy
TRICARE Pacific Marketing

PCS season is in full swing, and it will continue over the next couple of months.

Whether standard or prime, Tricare Pacific beneficiaries can be assured their healthcare coverage will PCS with them.

Tricare Standard beneficiaries can see any Tricare authorized provider but must meet associated deductibles and cost shares.

Currently the annual deductible is \$50 per individual and \$100 per family for E-1 through E-4 or \$150 per individual and \$300 per family for E-5 through O-10 sponsors. The cost-share for outpatient care for active duty family members is 20 percent of the Tricare Maximum Allowable Charge. Inpatient care will cost the greater of \$25 or a minimal daily rate.

Before leaving, stop by the Tricare Service Center for a travel information package. A TSC representative can answer any

questions about transferring enrollment, program benefits and procedures for healthcare while in transit.

Prime members should complete a PCS form, which will let the Service Center know they are leaving the Pacific Region.

Tricare Prime is designed to be easy and convenient, but there are a few things beneficiaries must keep in mind to avoid unnecessary costs, ensure access to quality care and no break in Prime coverage.

It is important to remember that Tricare Pacific Prime beneficiaries are covered by Tricare Pacific until their enrollment is transferred to their new region.

Beneficiaries automatically convert to Tricare Standard if Pacific Prime enrollment is not transferred within 60 days of their departure date from their overseas assignment.

The following procedures apply:

✓ **Emergency Care:** If emergency medical care is required while traveling,



photo by Airman 1st Class Katie Thomas

go to the nearest Military Treatment Facility or civilian emergency room. Be sure to get an itemized bill and a receipt.

✓ **Urgent Care:** All beneficiaries are encouraged to visit the nearest MTF for available appointments whenever possible. When care is not available at a MTF, call the nearest regional Tricare Service Center to get listings of available civilian network providers.

✓ **Routine Care:** Prime beneficiaries should wait until they transfer their enrollment to their new region for any routine appointments. Otherwise they will be exercising the Point-of-Service option.

It is important to update the Defense Enrollment Eligibility Reporting System record upon

arrival at the new duty station.

DEERS is usually updated by the Personnel Support Office or the designated administrative office.

If Prime is available, Prime beneficiaries should transfer their enrollment as soon as possible by completing the proper paperwork at the new TSC.

Tricare Standard beneficiaries may want to consider enrolling into Prime at their new assignment. The TSC can provide information about locally available Tricare programs.

If civilian care is obtained while in transit, a claim for payment or reimbursement must be submitted to the Tricare Pacific claims processor. The beneficiary should use their APO/FPO mailing address for claims purposes. All network providers will file the claim for the beneficiary but be sure the provider sends it to the appropriate address below.

Beneficiaries may be expected to pay at the time of service and then file the claim if seen by a non-network provider.

For more information please visit the Tricare Service Center located on the first floor of the base hospital or call 225-6478. Additional information on Tricare, check out their website at www.tricare.osd.mil.

10 TRICARE tips for the traveling family

1. In an emergency, seek care at the nearest emergency room. If you have to pay the bill at the time of service, obtain an itemized bill and file with Tricare for reimbursement.
2. Seek urgent care at a Military Treatment Facility or with a Tricare Network Provider. Use your Travel Card to call the Tricare regional office for a list of authorized providers in your area.
3. For all other care, schedule an appointment with your Primary Care Manager before you leave or wait until you return. Ensure you have any necessary medications needed while traveling.
4. If you are a Prime member traveling to the states for a visit that exceeds 30 days, contact the Tricare Service Center in the area you are visiting to transfer your Prime enrollment to the region in which you will be staying, if Prime is available.
5. If Prime is not available, you will need to disenroll from Prime and use Tricare Standard. Reenrollment to Prime may be accomplished upon your return to Japan or another Prime area.
6. Pacific Prime members should provide their Pacific APO/FPO mailing address for claims and direct providers to send claims.
7. Pre-Authorization is not needed for emergency or urgent medical care. However, for Continental U.S inpatient mental health care authorizations, contact Ms. Barbara Estes, Choice Behavioral Health at: 1-800-700-8646, ext 2008.
8. Active Duty servicemembers must obtain all needed care at military facilities when possible. In CONUS, Active-duty servicemembers are required to report in-patient mental health or traumatic injury to the Military Medical Support Office at 1-888-647-6676. For all other care needs, ADSMs must follow their own Service rules.
9. ADSMs traveling in overseas remote countries should contact International SOS for urgent or emergency care. In the west Pacific, call Singapore at: (IDD) + 65-36-338-9277.
10. Eligible family members traveling in overseas remote areas should prepare to pay for their care at the time of service, obtain an itemized bill and file a Tricare claim for reimbursement.

TMO gets household goods to members, families

Servicemembers should visit TMO upon receipt of orders

Information provided by the Traffic Management Office
and 374th Airlift Wing Public Affairs

The base Traffic Management Office is one of the base organizations that servicemembers need to visit to complete a successful permanent change of station.

The office organizes and provides members and their families with moving services for their household and personal goods.

Members should visit TMO upon receiving PCS orders. The office will set up a pre-counseling session to assess the member's situation. A counselor will gather

information about what items will be shipped, including privately-owned vehicles, and where the items will be shipped from.

If a servicemember does not receive orders in enough time before the PCS date, the base Military Personnel Office will issue a letter-in-lieu of orders. TMO will be able to schedule a pick-up date for household goods with this letter.

Members should keep in mind that Japan is a weight-restricted region. As a result, only a percentage of the normal weight allowance is permitted to be shipped into the country.

An average weight allowance is 1,000 pounds per

room, plus any heavy items, such as furniture and some electronics.

Items should be divided into these categories prior to shipment with TMO: unaccompanied baggage, accompanied baggage, and professional gear.

Community members should review the list of hazardous items that are not permitted for shipment, including flammable materials.

Shipments are covered up to \$40,000, however items will be replaced only at their depreciated cost.

Broken items should be reported through a member's base legal office. The office will assist the member in filing a claim.

For more information, community members can contact the base TMO at 225-9724.

Pets come first when planning base move

Information compiled by base veterinary clinic and 374th Airlift Wing Public Affairs

Servicemembers who plan on accomplishing a permanent change of station with a pet have a few more considerations than those who do not.

Members should visit the base veterinary clinic several months before they intend to change bases.

Research is key to planning when moving to and from overseas locations, explained the base veterinary clinic. Different regions have different procedures for moving pets. For instance, Hawaii, Guam, Germany and the United Kingdom have strict limitations compared to locations within the continental United States.

The clinic suggests that you use them as a guide and starting point since they can provide basic information, but also recommends members moving outside the Continental U.S. call the U.S. embassy in the country they're moving to for additional information on its particular requirements.

The clinic staff explained that vaccination records must be current with annual shots required, and must include a rabies certificate from 30 days to one year prior, plus a health certificate dated within 10 days of arrival at the gaining base. If the pet is going to be boarded for a long period of time, a bordatella (kennel cough) vaccination is also recommended.

Pets must be microchipped prior to their arrival in Japan, and pet owners are required to report to the clinic within 72 hours of arrival, at which time the pet(s) will be put on a mandatory quarantine.

Contact the vet clinic for the specifics of what is required before bringing pets to Japan to ensure pets aren't in quarantine for extended amounts of time due to more strict Japanese regulations. For pets placed in extended Quarantine, 30-day checkups are required.

All pet owners are required to register their pets at the veterinary clinic (the clinic is separate from the boarding



courtesy photo

Army Sgt. Carmine Costello, veterinary clinic animal care NCO, checks out a patient during an examination.

facilities). All pets are required to be on a leash or in a kennel when outside.

The clinic staff recommends all dogs remain on heartworm prevention throughout the year – including colder months – due to Japan's climate. Flea and tick treatment from April through October is also recommended.

Pets should not be left outside for extended amounts of

time during the summer because of the hot, humid climate.

For more information on moving a pet, contact the veterinary clinic at 225-4363.

For those considering adopting a pet after their arrival at Yokota, many cats and dogs are available through the Pet Boarding and Adoption facility on base. For more information, call 225-8906.

AD

C-130 continued from page 1

utes to explain what it would have taken less than 30 seconds to explain to a U.S. Airman, because of the communication barrier."

In the beginning, there weren't interpreters. Now the unit has three.

Despite the obstacles, in less than six months the first Iraqi Air Force pilot and copilot flew alone without a U.S. pilot in a flight seat position, and the first navigator is fully-qualified. Plus, more than 65 Iraqi Air Force mechanics have received their equivalent of a 5-level certification in the U.S. Air Force and are now working towards their 7-level equivalent.

"I am extremely proud of the Iraqi 23rd Transport Squadron maintainers and their AST instructors from the 777th EAMXS," said Major Jackson. "Though most of these maintainers had a background in the pre-war Iraqi Air Force maintaining Russian-made Ilyushin and Antonov aircraft, it is remarkable what they have achieved.

"They were able to step up and learn a new aircraft and overcome a huge language barrier – most of the enlisted maintainers spoke little or no English when they began their training. They have become more integrated in flightline maintenance operations away from the classroom and I am proud to have been a part of this – even in a small way."

The students are continually struggling to understand a new language and different ways of doing things, while simultaneously fighting for their lives and worrying about keeping their identities secret to protect themselves and their families from harm by insurgents who want to kill them.

But for them, they say it's worth it because they no longer fight for just one man – they fight for their country.

For Captain S, who was also an officer during the previous regime, that shift in mentality is priceless.

"I recently went to visit an Iraqi soldier in the hospital," said Captain S. "He had lost both his legs, and we went there to comfort him. When we were leaving, we told him, 'May God be with you.' He called back out to me, 'For Iraq, I would give up my whole life, not just my legs.'"

Most of the Iraqi Air Force Airmen have businesses or farms, and are relatively well off already. But when the opportunity came to return to the service they love, regardless of the risk, they jumped on it.

Since Jan. 14, when Sq 23 was officially formed, they've been sneaking in the shadows and many have hid their allegiance to the Iraqi Air Force to family and friends, some even to their own wives.

Captain S's wife, concerned for her family's safety, continually pleads with him to quit and has also asked his father to pressure him. But Captain S, whose own son doesn't know he is currently serving, says, "If I don't do it, who will? "I dream that Iraq will someday be safe. We will be at peace, and at peace with our neighbors. I wish for a civilized country and a better place for my children.

"I try to teach my son to respect the armed forces when he sees them in the streets," said Captain S. "One day when he grows up, I want him to know his father sacrificed during the worst period in his country in order for his children to have a better Iraq."

Flight engineer J also fights for the same dream and a



photo by Airman 1st Class Jamie Shultz

(Left) Master Sgt. Patrick Shaw, Squadron 23 Advisory Support Team aerial port instructor assigned to the 777th Expeditionary Maintenance Squadron at Ali Base, Iraq, instructs one of his (front) Iraqi Air Force students on the finer points of loading an aircraft, while coordinating with Senior Master Sgt. James Baarda, Sq. 23 AST loadmaster instructor assigned to the 777th Expeditionary Airlift Squadron, to determine cargo placement inside the aircraft. Both men are part of a crew of more than 30 instructors who teach more than 100 Iraqi Air Force students to fly and maintain C-130s. Sergeant Baarda is deployed from Yokota Air Base.

chance to build a new Iraqi Air Force. He has been a flight engineer on AN-12 aircraft for 10 years, but until now has never felt able to express concerns to his superiors because of his lower rank.

"I'm impressed at how Americans treat each other as far as rank," said Engineer J. "They treat each other equally. During the previous regime there was a huge difference between a flight engineer and pilot. Now, we work together. "Because of the treatment we've experienced from our instructors first hand and the friendship they've shown us, it's made me change my views on all Americans," said Engineer J. "We understand the true (meaning of) American kindness."

For both men they say one of the proudest moments in their lives was during the ceremony when the Department of Defense gifted three C-130s to Sq 23, and the Iraqi Air Force placed the Iraqi flag on their own planes. The second was when they saw one of their planes take off and fly for the first time.

"We are so proud to be the first unit to fly Iraqi Air Force planes," Engineer J said.

"This is the pinnacle of my career, and the most rewarding job I've ever had in my Air Force career," said Sergeant Shaw. "This job has given me a lot of insight to working outside your comfort zone. You really get a front seat to how other people's actions impact organizations across the board," he said.

From the start, Major Jackson realized the historical significance of his job, but said he didn't realize how strongly he would feel for the plight of his students.

"Now I have a personal connection to the situation," Major Jackson said. "Iraqi insurgents not only attack my fellow U.S. brothers-in-arms, but they disrupt and delay the realization of a freedom and stability that my Iraqi friends dream of and are working toward. Iraqi Airmen sacrificing everything for the future of their country certainly made a deep and personal impact on me."

"We get incredibly close to each other and our families get involved," said Sergeant Haven.

The relationship between the two country's Airmen hasn't been all perpetual seriousness.

"I remember one of the first times our class shared a laugh together was during a training session where I was teaching them hand signals so they can marshal cargo properly. Well, one of my students was trying to do more than one signal at a time, and he looked like an orchestra conductor.

"That became his nickname for a while," Sergeant Shaw said. "Everyone had a good laugh and that's when I realized we really weren't so different."

"Sometimes it's overwhelming to know how much of an impact you're making when you're in the middle of it," Sergeant Shaw said. "But then you realize you're helping specific people – specific people I know by name – and we are helping them to succeed.

"I don't know what history will write, but if this is the smallest footnote or biggest chapter in history, I'll never forget it," Sergeant Shaw said.

AD

Off base

Atsugi Naval Base's Bon Odori open house: The base will open its doors to the Japanese public July 23 from noon to 9 p.m. The open house includes aircraft static displays. No parking will be available during the event. Call 046-778-2664.

On base

Movies

Today – *War of the Worlds*, R, 7 p.m., and 9:30 p.m.

Saturday – *Madagascar*, PG, 2 p.m.; *War of the Worlds*, PG-13, 7 p.m.; *Kingdom of Heaven*, R, 9:30 p.m. (adult-only showing)

Sunday – *War of the Worlds*, PG-13, 2 p.m.; *Kingdom of Heaven*, R, 7 p.m.

Monday – *Unleashed*, R, 9:30 p.m.

Tuesday – *Monster in Law*, PG-13, 7 p.m.

Wednesday – *War of the Worlds*, PG-13, 7 p.m.

Thursday – *Madagascar*, PG, 7 p.m.; *Kingdom of Heaven*, R, 9:30 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Blood Drive

Yokota is hosting a Blood Drive Monday from 12 to 4 p.m. for walk-ins only at the Yujo. People with scheduled appointments will donate Tuesday at the Yujo.

Change of Command

Col. Michael Dillard will relinquish command of the 374th Maintenance Group to Col. Michael Riddle July 22 at 9 a.m. at Hangar 15.

AFSA meeting

The Air Force Sergeants Association Chapter 1551 will meet Monday from 8 to 9 a.m. at the Enlisted Club Oshawa ballroom. All active-duty enlisted, Reserve, Guard and retired members are welcome to attend.

Contact Senior Master Sgt.

Brad Gibson at 225-5358 or Senior Master Sgt. Teresa Holmes at 225-7007 for more information.

SNCO Seminar

There is a mandatory senior noncommissioned officer professional enhancement seminar from July 19-22. Contact unit first sergeants for more information.

Induction Ceremony

All newly-selected master sergeants and two of their guests are invited to attend the SNCO Induction Ceremony July 23 at 6 p.m. in the E-Club Ballroom. The cost is \$24 for club members and \$26 for non-members. Contact unit first sergeants for more information or to purchase tickets by close of business today.

Education

The University of Phoenix offers Management and Education programs on-site. Free application offered for a limited time only. Call 225-2496 for more information.

Youth Center Tours

The Youth Center is conducting a family tour July 24 to a Grape Orchard and Winery in Yamanashi Prefecture. The cost is \$12 per person ages 6 and up. Sign up at either Youth Center or call 225-2995 for more information.

There will be two other tours for 9-13 year olds on July 22 at Summerland for \$20 per person and Aug. 5 at Yomiuriland for \$25 per person.

Coupon Extravaganza

The Family Support Center will present a Coupon Extravaganza today at the commissary from 9 a.m. to 5 p.m. Winners will be selected based on who saves the most money by using coupons in a single shopping trip. First place gets \$100, second place \$50.

Tanabata Festival

The Fussa Tanabata Festival is Aug. 4-7. Become a participant and experience Japanese culture

by carrying a Mikoshi (portable shrine) through the city's streets Aug. 5 starting at 3 p.m.

To volunteer or for more information, call Capt. Warren Comer at 225-7338 or e-mail warren.comer@yokota.af.mil.

This cultural event requires people to be in good physical shape. Those on medical profile are advised not to participate.

Modeling fair

The Family Support Center is hosting a modeling fair July 30 from 10 a.m. to 2 p.m. Participants must complete a talent application at the FSC. Call 225-8725.

Limited Hours

The Samurai Self-Help Store will be open during the next wing exercise for limited hours.

It will be open Wednesday and Friday from 11 a.m. to 2 p.m. and will be return to normal hours Saturday from 9 a.m. to 2 p.m. Call 225-7086 for more information.

Auto Skills

The Auto Skills Center offers interior cleaning packages, tint work, air conditioning recharging, waterproofing, maintenance classes and more. Call 225-7623.

The center also offers junking services. The cost is \$80 per vehicle in addition to a recycling fee. It is open Tuesday and Saturday from 9 a.m. to 6 p.m., and Wednesday to Friday from 11 a.m. to 6 p.m.

Red Cross classes

The American Red Cross Babysitter's Training Class is scheduled for Saturday from 8 a.m. to 3 p.m. at Bldg. 4018 room 205. The cost is \$25; register at the American Red Cross office prior to the day of class.

The American Red Cross Adult, Infant and Child CPR and First Aid Class is scheduled for July 23 from 8 a.m. to 5 p.m. at Bldg. 4018 room 205. The cost is \$35; register at the American Red Cross office prior to the day of class. Call 225-7522 for more in-

Samurai Warrior



of the Week



Airman Lisa Thomas

Airman Lisa Thomas demonstrates the qualities of the Bushido Code with her outstanding loyalty to the 36th Airlift Squadron mission. Her self-sacrifice exemplifies the Air Force core value "Service Before Self."

She single-handedly took on the responsibility of reviewing, sorting and inputting more than 500 flying hours and 1,000 training accomplishments of deployed squadron members into the Aviation Resource Management database. Airman Thomas filled in as the assistant to the Aviation Resource Management NCOIC when office manning was down. Her humble attitude and actions have continued to impress squadron leadership. She is clearly a role model for other young Airmen to follow.

formation on either class.

Tanabata Dancers

Learn traditional Japanese festival and stage dances for on and off-base events throughout the Kanto Plain with the Tanabata Dancers.* Learn to wear traditional Japanese clothing. Practices are every Friday night at the Taiyo Recreation Center from 6:30 to 8 p.m.

Men, women and children can participate – no experience necessary. Call Julie at 042-553-5926 or e-mail tanabata_dancers@hotmail.com.

Sons of Hawaii

The Sons of Hawaii* holds a meeting every third Saturday of each month. Call 227-9219 for more information.

Flea Market

The Enlisted Spouses Club* will be hosting a Flea Market August 13 from 8 a.m. to 1 p.m. behind the Kanto Lodge parking lot. Table and a spot reservation is \$20 with an additional \$5 for

each additional table needed.

Tables can be reserved by e-mailing escfundraiser@yahoo.com or calling Jennifer Plummer at 227-3373.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical/Lutheran service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009 for more information.

AD

“Quotes” & Things

“Speed, strength, and the inability to register pain immediately”

Reggie Williams, on his greatest strengths as a football player

Gymnastics: The East Youth Center offers gymnastics classes Mondays - Thursdays 9:30 - 10:30 a.m. for 3 year olds; 10:30 - 11:30 a.m. for 4 year olds; 4:30 - 5:30 p.m. for beginners; 5:30 - 6:30 p.m. for intermediates and 6:30 - 7:30 p.m. for advanced students.

Classes for beginners through advanced classes are for ages 5 through 14 and cost \$48 per month. Call 225-7422 for more details.

Basketball: The Youth Sports 6th Annual Summer Slam Basketball Clinic and Tournament will be held at the Yokota Middle School Basketball Courts.

Clinic dates are: 7-9 year olds – Tuesday and Wednesday, July 19 and 20, 5-7 p.m. and 10-15 year olds – Thursday and Friday, July 21 and 22, 5-7 p.m.

Car show: There will be a car show in front of Bldg. 316, Saturday from 11 a.m. to 4 p.m. with 70 cars and five motorcycles.

Food and drinks will be available to purchase at the show.

5K Race: The Independence 5K Race is July 22 starting at Yokota Field. Required check-in and pre-registration is 6:30 a.m. with the run starting at 7 a.m.

The first 400 participants receive a free t-shirt and awards go to the top three in each group. Men's and women's categories are: 18-29, 30-39, 40-49 and over 50. Call 225-6133 for more information.

Yokota Warriors Defeat Atsugi Dolphins

Dolphins offense unable to topple Warriors defensive line

By Ely Wolin
Yokota Warriors

The Yokota Warriors football team advanced to 3-0 July 9 in the USFJ American Football League by defeating the Atsugi Dolphins 27 – 0. The game was played at Atsugi in a torrential downpour, making it a very hard fought, defensive struggle.

The score sat tied at zero at half time before the warriors opened up a lead with three third quarter touchdowns. Mardie Wilson scored twice on two 30+ yard touchdown runs with intense blocking from the offensive line. Quarterback Jacob Dowdell then connected with Patrick Piazza for the third touchdown of the game. The same combination scored the two point conversion after the first touchdown run.

The final touchdown came from Corey Fields with an impressive display of footwork on a punt return in the fourth quarter. The key to the Warriors win over the Seahawks were the solid members of the Warriors defense. After three games the defensive unit has yet to give up any points to the competition.

The shutout July 9 included an impressive goal line stand which prevented Atsugi from taking the early lead. The Yokota Warriors next two games are against the Yokosuka



courtesy photo

Yokota Warriors varsity football team lineup for the 2005 season.

Seahawks July 16 at Yokosuka and then against the Misawa Marauders July 23 at Misawa. The Warriors hope to continue their winning ways to the end and bring home the championship for Yokota.

Preventing dehydration among young athletes

Information provided by the Health and Wellness Center and the American College of Sports Medicine

Nearly two thirds of young athletes are significantly dehydrated before practicing their favorite sport. Dehydration not only impacts the way children feel and perform, but can also jeopardize their health and safety by putting them at an increased risk for heat illness such as heat exhaustion and heat stroke.

Active children are more susceptible to dehydration than adults when exposed to hot weather. When active, children actually produce more heat per pound of body weight than adults. In addition, young athletes have a lower sweating capacity, which reduces their ability to lose heat through sweat evaporation. Less developed sweat mechanisms ultimately results in a cooling disadvantage for young athletes and can cause active children to be more likely to suffer from heat illness.

Like adults, children frequently lack the physiological drive to drink enough water to replenish fluids during exercise. And even with their reduced sweating capacity, children lose more fluid than one might expect. Research shows that kids can lose up to a quart of sweat during two hours of activity on a hot day.

The key to preventing dehydration and heat illness is to have young athletes drink enough of the right kinds of fluids on a schedule before, during, and after practice and games. Weighing children before and after an activity is a simple way to ensure that fluids are fully replenished.

If the child shows a significant weight loss, try gradually increas-

ing fluid intake during practice using the following guidelines:

*** Kids under 90 lbs**

- o 3-6 oz. of fluid 1 hour before activity
- o 3-5 oz. every 20 minutes during activity
- o Up to 8 oz. per 1/2 lb lost after activity

*** Kids over 90 lbs**

- o 6-12 oz. of fluid 1 hour before activity
- o 5-7 oz. every 20 minutes during activity
- o Up to 12 oz. per 1/2 lb lost after activity

Children's ability to drink enough may not only depend upon frequency of fluid breaks and coach encouragement, but also upon what's in the cooler. Research shows that kids drink 90 percent more sports drink than water when offered both. That's because the flavor and sodium in sports beverages encourage kids to drink more when active. Other benefits include replacing the electrolytes lost through sweat and providing energy to refuel during activity.

Individual drinking containers also encourage drinking because parents can fill them with their child's favorite beverage. A good suggestion for parents and athletic professionals is to mark squeeze bottles with indicators of how much children should drink on each activity break.

Although preventing dehydration is the goal, it's also important to recognize when heat illness strikes children. The most common symptoms are headache, dizziness, weakness, irritability, fatigue, nausea, and muscle cramps.

Contact the Health and Wellness center at 225-8322 for more information about preventing heat illness and dehydration.

AD